

TRUE YOU, TRUE UNITY

Transform Your Life Through the
Quantum Power of Love

You & Me: The Collective
Scribed by Stacie Lauro, MD

True You, True Unity
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“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.”

-N. Tesla

EXPLANATION OF AUTHORSHIP

This book was written from the quantum field of Divine Source-Energy-Consciousness.

It is a manifestation of the Law of Unity. We are all of the same Source-Energy-Consciousness connected in the vast field of Source-Energy-Consciousness.

In other words, this book arises from your energy field as well as mine, since it is our field one in the same. It is the zeitgeist of our gestalt.

Thank YOU for this co-creation.

From Humanity to Humanity with love,

In Lak'ech Ala K'in.

Stacie Lauro, MD

INTRODUCTION: WELCOME TO THE CONSCIOUSNESS REVOLUTION

Synchronicity abounds!
You have arrived at this book due to the forces
of the unified energy field!
You are awakening!
Your consciousness is expanding!

This book is a culmination of a year-long endeavor of research in quantum physics, spirituality, and psychology.

Humanity's loss of connection to our souls has resulted from inflammation of our ego, herein termed "ego-titis". Ego-itis results from the perpetual seeking of external material goals in the hopes of attaining security and happiness. The symptoms of ego-itis include feelings of emptiness, angst, dissatisfaction, loneliness, restlessness, and frustration. Sound familiar?

Since our ego is adept at misinterpreting the cause of these symptoms, it furthers its material strivings in a mistaken attempt to ameliorate the symptoms. The cycle of worsening symptoms

and increased external effort is propagated until the symptoms become severe enough to be undeniably from the soul and unresolvable through external means.

This is when we begin searching for ourselves... Thus, here we are!

Using universal laws of quantum physics, this book provides an actionable guide on how to reconnect to our soul/spirit/higher/true self/heart and to Divine Source-Energy-Consciousness, herein referred to as PC. PC stands for Prime Consciousness, Primordial Consciousness, and/or Politically Correct (ha-ha). Since PC is love when we live from our soul's Prime Consciousness we live from love. If our choices are not emanations of love, they are not choices from the soul. They are not from the Divine Source-Energy-Consciousness that we are at our essence. When we listen to our inner guidance, we are listening to love. Therefore, we inherently create a life of true joy, gratitude, peace, freedom, and abundance.

The path to finding your true self is the path of self-empowerment. Additionally, thanks to the laws of the universe (as evidenced by quantum physics), the path of self-empowerment is also

the path of empowering others. If you only knew the power of you...

This is the first book in a series. It is the starter guide to fully being who you truly are.

PREFACE:

In my own life, and in the lives of countless of my clients, I have seen that love heals, and anything but love harms. During my 5-years-long divorce, I became angry, sad, discouraged, and resentful. The more the negativity remained, the worse my life circumstances became. As I started to understand this and change my mindset, I would notice that when I came from a heart-centered space of forgiveness, love, and understanding, my life improved. Whenever I lapsed, my life worsened again.

This is when I started to research esotericism, gnosticism, spirituality, and energy including quantum physics. My research confirmed my observations and led me on a mission to change the field of mental health to incorporate these principles so that humanity can further evolve. It was surprising and interesting and more proof of the laws of unity, to find that I wasn't the only one arriving at these conclusions. As you already know or will soon find, there is currently a mass awakening occurring. This awakening will help propel humanity into higher states of awareness and abilities.

As you continue to go about your daily lives, even without having gone further into this book, I encourage you to start now to try to do everything from a position of unconditional love for yourself, for others, and for All-That-Is. This love yourself (which includes maintaining boundaries) while having compassion and understanding for others who are not existing from a position of unconditional love. Then, take note of the changes that occur in your life when you come from love.

NEW AGE GRAMMAR

The use of “our” and “their” as pronouns in this book is used intentionally when speaking of a singular individual. Herein, “our” and “their” represent both our unified aspects of self as individual manifestations of Source-Energy-Consciousness, as well as ourselves as the unified Source-Energy-Consciousness of All-That-Is. This New Age change in grammar aligns with the universal laws and with quantum physics.

ACKNOWLEDGEMENTS

Thank you to my wonderful children,
Ben and Caylee.
Your patience, kindness, and understanding are a
testament to your soul and a gift to all.
You are my heart.
I love you through infinity.

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PART ONE:
YOUR ESSENCE IS
ENERGY AND VIBRATION

Chapter 1:

Your True Essence Is Love

True you, True Unity is a book about your essence. Your essence is your soul. Your soul is love.

Love is the overarching divine feminine principle. The Age of Aquarius is a return to the divine feminine, a return to love. Love is the key through which we connect to our higher self. Our higher self is also referred to as our true self, our essence, our spirit, our soul or our heart. Through our connection to our spirit, we connect to our life purpose and to the Divine. Therefore, we connect to the Divine through love. As we continue to progress in the Age of Aquarius, we continue expanding our consciousness (awareness of our heart's mind and power) and reconnecting to our spirit. Thereby, we return to a balance of the masculine

and feminine, which is a return to love, to our soul, and to our connection to the Divine Source-Energy-Consciousness / All-That-Is.

What are human beings?:

Humans exist as embodied consciousness. In other words, our individual soul consciousness exists in our individual avatars, the human body. The human body provides our consciousness with physical experiences. The way our physical bodies see, hear, taste, and touch are all a product of how our world gets translated to our consciousness through our physical body.

In our corporeal vessel, we acquire an individual ego that sees itself as completely separate. So, as an individual manifestation of Divine Source-Energy-Consciousness, our soul, knows that we are all a part of each other, interwoven, and interdependent. Meanwhile, our ego forgets

this connection. As we become more immersed in our ego and distant from our hearts, we become more disconnected, discontented, misaligned, and disoriented. This dissonance between our hearts and minds is at the core of our omnipresent existential anxiety and depression.

Chapter 2:

What Is Consciousness?

Consciousness is energy. Consciousness energy is also referred to as spirit, soul, essence, and the higher self.

Everything in the universe exists as energy. Everything manifested seen and unseen is made up of subatomic particles that carry energy. The fire, sky, earth, and water, plants, animals, and humans as well as thoughts, feelings, words, and actions all exist as different manifestations of energy. What we see as material is energy. What we cannot see that's ethereal is also energy.

Here are the basics, simplified:

If $E=mc^2$, then $m=E/c^2$.

Another way to state this equation is that mass is energy divided by the speed of light. The speed of light is a constant. Therefore, essentially, mass is energy.

To explain further, let's go to the subatomic level:

Mass is matter. Matter is essentially molecules in motion. All matter has molecules. All molecules are in motion. All molecules are energy. The “matter” of the smallest subatomic particle makes up only a minuscule portion of that particle. Most of the particle (99.9999999%) is empty space. However, the particles are vibrating so rapidly, they appear dense, just like the blades of a rapidly circulating fan appear as one continuous blur. To clarify further, if we remove the empty space, the mass of all of humanity would fit into a sugar cube. So, just like the pixelated dots of the TV screen appear solid to

our human vision, everything in existence is analogously pixelated unseen specs of subatomic particles rapidly vibrating. Everything vibrates. Everything is energy.

Chapter 3

The Law of Unity

The first universal law is the Law of Unity, which states, “Everything exists as one unified force field of energy.”

Therefore, if everything is energy, as described previously, we are all connected as one unified energy force field. We are different manifestations of that energy, but energy, nonetheless. We are energy consciousness in an energy body, connected to energy consciousness, connected to energy earth, energy fire, energy water, energy air, and all other energies within the field such as animals, plants, thoughts, actions, words, and feelings.

Now that we know this law, what are the implications?

To discover the implications, we first need to understand the relationship of energy to vibration.

Since the speed of light is constant, the amount of energy changes in relation to the vibrational frequency of the subatomic particles. Since everything exists as energy, everything exists as vibration. There is the vibration of our thoughts, words, feelings, and actions.

Picture yourself as a field of vibrational energy completely submerged in the field of the vibrational energy of everything else. Now imagine your thoughts, feelings, and actions are then always released into and circulating within the same unified force field of energy. Now you see that your thoughts, feelings, and actions

affect the unified force field of all-that-is...
which also means they affect you.

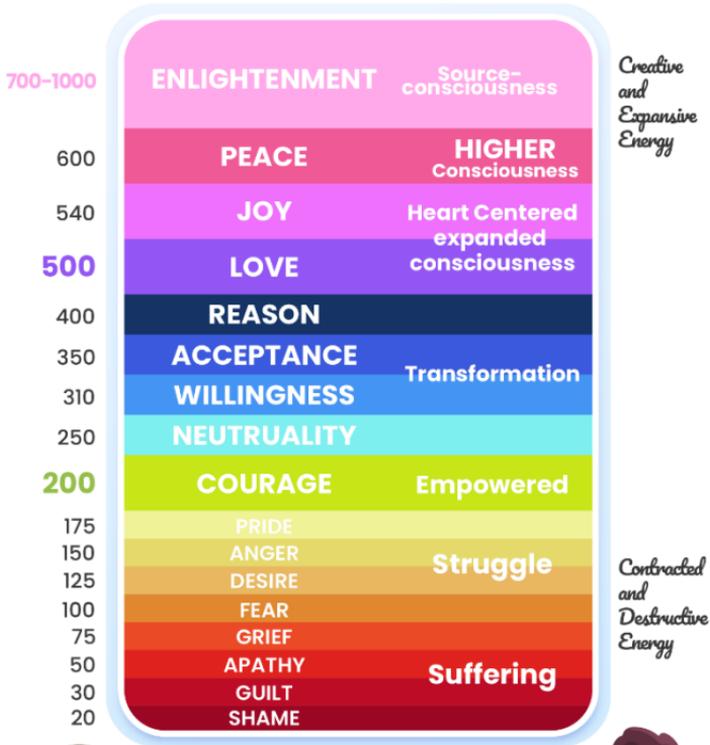
Therefore, our thoughts, emotions, and actions become vitally important to us and to the entire energy field. Since emotions are inextricably tied to our thoughts and actions, let's examine the vibrational energy of different emotions.

Chart of Vibrational Frequencies of Emotion

Here we see that guilt, shame, and grief have the lowest vibration. As we continue to descend through these emotions, we enter the zero-frequency state called death. Meanwhile, love, as well as gratitude and the joy of gratitude, have the highest frequencies of emotions. As we continue to ascend through love and gratitude-joy, we enter the state of being of peace and light/enlightenment. In other words, we enter into our souls. Through love, we come to exist.

Love is the gateway to our soul, aka our higher self-state. Through love, we attain a higher state of being. Love creates. Love powers all. While shame, guilt, anger, fear (which includes anxiety), apathy-depression, hate, and grief destroy. They literally cause sickness and death. In sum, this chart demonstrates that our emotions are literally vital to our well-being.

Vibrational Frequencies *Of Emotions*



Chapter 4:

Evidence of the Law of Unity

This chapter provides evidence of how our consciousness, including our thoughts and emotions, affects us and our environment

Medical evidence:

A multitude of medical evidence has been published showing that stress promotes disease processes throughout the body. For example, stress increases the incidence and rate of heart disease, cholesterol, diabetes, autoimmune illnesses, Alzheimer's, infections, cancers, and aging, to name a few.

Emoto's experiments:

Marasu Emoto was a Japanese businessman and author who was interested in the effects of consciousness. He created two well-known types

of experiments to demonstrate the effects. One was with rice, the other was with water.

Emoto's rice experiment:

Place equal amounts of rice and equal amounts of filtered water in three clean glass jars.

Label one jar "love," the second jar "hate," and the third jar "ignore."

Over the course of thirty days, express love to the first jar, hate to the second jar, and ignore the last jar.

Mr. Emoto and many others after him discovered that the first jar appeared mold-free and fermented, emitting a sweet smell. The second jar was layered with mold. And the third jar also showed mold.

Emoto's water experiments:

Emoto exposed water to various words and music and froze the water. Then, he examined the water under a microscope. The crystalline structure from pleasant sounds, appeared structured and attractive, while harsh sounds appeared chaotic and disorganized.

Additional evidence:

In the last decade, there has been an explosion of research in consciousness and how consciousness affects the environment. This research has demonstrated the ability to affect the environment with our minds. For further information, refer to the movie, *Superhuman: Making the Invisible Visible*.

Chapter 5:

Love as Creator

We all came into being at a frequency of love.

As we raise our frequency to love and gratitude, we ascend into peace and light. Love and joy-gratitude (a type of love) are the frequency that creates all. Love is the energy that powers the universe. Love is the energy that heals.

Our essence is love. Our soul is love. At the spirit level, we are love.

Summary of key points

In sum, higher self = soul = spirit = love

The higher self/ soul/ spirit holds our divine blueprint. Connecting to our higher self is the key to finding ourselves, and our meaning and purpose, and therefore, fulfillment, peace, love, and abundance.

Chapter 6:

The Ego of Destruction

We shift into other frequencies due to the ego. The ego of the conscious mind produces a shift in our frequency via the thoughts of the ego. The ego is self-aware of its thoughts and its body. The ego is egocentric and concerned with itself as a separate being. The ego experiences itself as “I” that’s separate and different. The ego separates us from our original state of being by distinguishing us from the other. By doing so, we experience emotions of separation and duality. For if we perceived ourselves as the one unified field that we are, we would love ourselves and the other and have empathy for ourselves and the other.

Chapter 7:

Perception Is Paramount

This is the current dilemma: We exist as one unified field of energy, but we perceive ourselves as separate. Clearly, our perception is paramount to our state of existence.

If we saw ourselves as one unified whole, would we be kinder, gentler, more understanding, and less judgmental? Next time you are angry with someone, and you remember that we are interconnected, notice if it changes your response. This doesn't mean you have to agree with the person or acquiesce. However, have you ever felt good about degrading or berating someone? Have you ever felt relief from remaining angry, indignant, jealous, malicious, vengeful, or begrudging? Ultimately, is there any benefit to name-calling, revenge,

maleficence, belittling, or even in remaining angry?

No. What's more, is that opposite from benefit, there is harm. The thoughts, words, actions, and feelings you emit are in your energy field, which is the energy field of All-That-Is.

There are certainly ways to respond differently and to transmute your thoughts, feelings, words, and actions. We will lay a foundation for doing so in upcoming chapters.

Also, since this is a rather large and significant topic, we will dive into greater detail in the next book in this series.

Chapter 8:

The Bottom Line

As we've discussed, we live in an invisible "ocean" of energy, the energy field. So just as when we literally swim in an ocean, we affect the molecules, and the effect ripples outward, so too do our thoughts, actions, and feelings create a ripple in the energy field of the universe. If we spill oil in the ocean, it affects the ocean. The more oil we spill, the more of an effect we have on everything in the ocean. So too with our thoughts, feelings, and actions. If we send out love, we immerse ourselves in the emotion of love and raise the vibration of the energy field as a whole, which in turn, affects others. If we send out hate, anger, jealousy, then we immerse ourselves in that ocean and spread those emotions into the field and to others.

In these ways, we manifest our reality by creating through love and destroying through hate. Thus, what we generate creates more of the same and comes back to us. The saying “treat others as you would treat yourself” is paramount since the way you treat others is literally the way you’re treating yourself. This is the bottom line of the Law of Unity.

Chapter 9:

Summary of Key Points:

If you send out love, then you're adding love to the energy field. This increases the likelihood of others feeling loved, and, therefore, they're more likely to emit love and less likely to emit hate, so the love propagates.

If you send out hate, the other feels hate and emits hate and the hate propagates.

This is the same for all emotions, same with fear, same with anger.

For example, when we watch shows that invoke fear and hate, we emit fear and hate then that's what's propagated and created in the energy field.

The Age of Aquarius, as the return to the divine feminine and to love, marks a turning point in

history. The propagation of love promotes more love.

So, when you hear that if you become a pillar of love and light, you'll transform yourself and others, it's based on the Universal Law of Unity.

Additionally, as we saw in the Chart of Vibrational Frequencies of Emotions, the way to your higher self is love. Love is the energy of creation. Be the love you want to see in the world.

Through love, you will find your higher self, your meaning, and your purpose in life. Through love, you will achieve fulfillment, joy, peace, freedom, and abundance in all things.

So...

**BE THE LOVE YOU WANT TO SEE
IN THE WORLD.**

PART TWO

HOW TO CONNECT TO
YOUR HIGHER SELF:
TRANSMUTATION
THROUGH LOVE

Chapter 10:

Change Isn't Easy; Be Kind to Yourself

We've been living from the ego with a perception of separateness for centuries. When we try to be love and to love all-that-is unconditionally, we run into difficulties from the ego. The ego, in its ideology of separateness, wants to protect us. Additionally, it has mechanisms in place that it believes protect us. The ego, with its perception of separateness, has a scarcity mentality, a mentality of competitiveness and covetousness. The ego is ensconced in duality in which there is "either, or" such as best versus worst, have versus have not, love versus hate. The duality of the ego is the opposite of the unity of the soul in which two aspects exist as one whole. A coin has two sides, it must have two sides to be a coin. It

cannot be a coin without two sides. It ceases to exist without two sides. With both sides, it's one whole coin.

So, as perceived by the ego, we come from a starting point of duality that's ingrained and conditioned. In fact, it's initially quite difficult to comprehend unity. So how do we transmute our thoughts, actions, words and feelings to love?

This takes practice and time. We have been living through the false perception of separation. Our thoughts, feelings, words, and actions have been based on this false perception. And if we feel guilty and ashamed about it or about our progress, then we resonate at the vibration of shame and guilt, and it sets us back.

So first, before you start this journey, remember that you're going to revert to your ingrained thoughts, feelings, and behaviors over and over.

Forgive yourself. The final outcome cannot occur without going through this process.

If you tread the same path in the woods, day after day, it creates an easy, clear path. That clear path is the easiest and quickest way to get to point B. Therefore, your human brain will automatically continue to unconsciously revert to your well-established pathway until you entrench a different path. Cutting through the thicket of a forest to forge a new path takes time and work. So, know that. Be kind to yourself. Be grateful for the successes. Then, if you lapse, as soon as you catch yourself, be grateful you realized it and go back to forging the new pathway.

Chapter 11:

What Is Love?

Love is unconditional affection. It encompasses patience, kindness, gratitude, understanding, tolerance, truth, and morality.

That's all. It's so simple yet so important, that this is a separate, albeit brief chapter.

Bookmark this page. Whenever an issue arises, ask yourself if your response encompasses these attributes.

In the next book, we will describe how to remain immersed in a field of love even when it seems impossible.

For now, absorb the definition and allow it to be settled in your soul.

Chapter 12:

Steps to Transform

Step One - Turning Inward

First, in order to transform ourselves, we need to turn inward. We need to take some time from all the doing and just be. We can't know our higher self if we're always doing and in our conscious mind. When we're doing, we're outwardly focused and not in contact with our spirit. We're in our thoughts and actions. When we turn inward, we connect with our true essence - our soul.

You can find many ways to turn inward. Some examples are meditation, yoga, massage, any of the arts, such as painting, drawing, crafting, singing, or playing an instrument, and connecting with nature.

Meditation is the most effective and powerful way to turn inward. Additionally, it has been shown to have numerous health benefits. Many research articles on the benefits of meditation are available online, including a Harvard study by Thomas Rutledge, Ph.D., Paul Mills, Ph.D., and Robert Schneider, M.D., published in JAMA Intern Med. 2014;174(7):1193.

There are many types of meditation. Find what works for you. The meditation practice you start with will probably change over time. That's okay. Take the first steps - start and commit.

There are several meditation apps. Many of them have free trials. Breath-focused meditations and guided meditations are common ways to start. There are also schools of meditation that you can attend, such as transcendental meditation, which can be learned at your local center. Additionally, feedback applications utilizing a headband such

as Muse may accelerate your ability to calm your mind.

In addition to meditation, I recommend using a combination of any of the methods that help you turn inwards.

Step Two- Loving yourself first, the lesson of “The Giving Tree”

The book, *The Giving Tree*, by Shel Silverstein, depicts a tree that loves a boy. Throughout the years, the boy repeatedly returns to the tree asking for more and more of the tree. The tree gives the boy whatever the boy wants. By the end of the story, the tree is just a stump, with nothing left to give. So, unless you want to end up like the giving tree, you’ll need to take care of yourself first. Set boundaries and limit the amount you give to others.

You cannot truly love someone until you love yourself. This is a hard concept to fully understand because it may seem like we love ourselves and others.

So, how do we love ourselves?

There are two essential components to loving ourselves. First, we have to love ALL of ourselves. Second, we have to actively give love to ourselves.

First: Loving all of ourselves

We've been taught that certain feelings are bad. So, we consciously disown the feelings and tell ourselves, "That's not us." However, we all have hate, envy, anger, and fear or variations of them. If we deny that we do, then we aren't loving ourselves. When we reject any part of ourselves, then we can't truly love ourselves, and, therefore, we can't truly love anyone else either.

Even feelings we label as “negative” exist for a reason. They teach us in two main ways: 1) They teach us to fully comprehend and appreciate the opposite emotion. 2) They provide us with lessons for our soul growth.

The “negative” end of the spectrum of each emotion serves as an impetus to search for an understanding of ourselves and the world around us in order to effect change. We wouldn't know love if we didn't know hate. We wouldn't know contentment if we didn't know envy. We wouldn't know humility if we didn't know hubris. We wouldn't know faith if we didn't know fear. We wouldn't know joy if we didn't know pain. We wouldn't know fulfillment if we didn't know emptiness.

Let's look at the example of love and loss. In our human vehicles, we come to more fully understand love when we experience loss. The

amount of pain a person may feel about the loss of a loved one is evidence of the amount of love they have for that person. Immense pain from loss speaks to immense love. From loss, we learn to more fully appreciate, seek, and give love.

Another example is fulfillment versus lack. Currently, with coronavirus, many people are realizing they feel unfulfilled. Coronavirus obviated people's awareness of their feelings of emptiness. These feelings are then an impetus to search for fulfillment. Coronavirus has helped many people to turn inward and come face to face with these "negative" emotions and perpetuate a search for positive change. Currently, there's a worldwide mass search for fulfillment, inner joy, and peace. More and more people are awakening, catalyzed by Coronavirus.

For clarification, this doesn't mean we should want to be or stay sad, angry, hateful, or fearful.

But as with any emotion, we should use it as data to discover our lesson, to learn, and to grow our soul. For example, if we feel angry, instead of denying it, or reacting by yelling or saying or doing mean things, we should acknowledge the anger and learn from it. For one, we can be grateful that knowing anger allows us to appreciate peace and equanimity. For two, we can also realize that the feeling of anger is information. Feeling anger brings circumstances to our attention. It signals us, “Hey, you better take a look at the catalyst of this anger.”

There’s always a lesson in the emotion. For example, if you’re angry that your friend didn’t consider your choice of where to eat, it may be a lesson in self-assertion or a lesson in not spending time with those who lack mutuality and reciprocity. Or perhaps if someone dissociates from you for repeatedly not considering their

wants and needs, then you may feel lonely and sad. The lonely and sad feelings bring to your attention a lesson. Perhaps, it's a lesson to increase your level of empathy and reciprocity.

For another example, say we're angry at our significant other for not helping out with household chores. First, we recognize the anger. Second, we consider the reason for the anger. Third, we come up with possible solutions to change the situation and take responsibility for our role in the situation. Fourth, we become aware of the stress and pain anger brings and we appreciate the feeling of contentment as opposed to anger.

Instead of denying or ignoring our emotions, or wallowing in them, or telling them over and over to a therapist, we need to acknowledge them and release them. Allow them to exist, appreciate the lesson, choose a course of action, and then

release the feeling. It's important to release the emotion after we acknowledge it so that we don't remain in a lower vibrational state.

When considering our emotions, it's helpful to remember that we're spirits embodied in physical form. It's helpful to consider the emotion from a third-person perspective as if we were listening to a friend discuss their emotion. We can imagine ourselves as our spirit, lifted out of our body, and notice that the feeling is a part of the experience of our physical self. But it's not who we are. In the case of anger, our physical form is experiencing anger, but we are not anger. Our soul is not anger.

Again, as a reminder, this is a continual process that requires daily and consistent effort, but it's well worth the reward of connecting to your higher self and finding love, joy, peace, freedom, and abundance.

Second, we need to actively give love to ourselves.

It's important that we take time daily to acknowledge the love we have for ourselves and to appreciate ourselves.

While there are many ways to do so, meditating on this is a very active, overt, and effective way to do so.

I have included a sample meditation for self-love. Don't hesitate to design your own.

You've already started a meditation practice as in step one. Now you'll use some meditation time each day to love yourself through visualization and imagination

Self-Love Meditation

Close your eyes.

Take a slow deep breath in through your nose while expanding your belly, and slowly breath out through your mouth.

Continue this breathing pattern throughout the meditation:

Visualize a diamond white light sphere surrounding you and protecting you.

Picture your root chakra at the base of your spine as a clockwise-spinning disk of red light.

In your mind, repeat to yourself

“I now open, activate, and align my root chakra.”

Take three full, deep, slow breaths while you continue to visualize the red spinning light and feel the chakra open and spin.

Repeat this step for all of the chakras

I now open, activate, and align my sacral chakra... three full breaths, visualize and feel.

I now open, activate, and align my solar plexus chakra... three full breaths, visualize and feel.

I now open, activate, and align my heart chakra... three full breaths, visualize and feel.

I now open, activate, and align my throat chakra... three full breaths, visualize and feel.

I now open, activate, and align my third eye chakra... three full breaths, visualize and feel.

I now open, activate, and align my crown chakra... three full breaths, visualize and feel.

Next, return to visualizing your heart chakra. Feel into the love. You may think of a time or incident in your life when you felt immense love. Sit into that feeling. Surround yourself with that feeling.

Observe the light of the heart chakra becoming a diamond white light. Imagine the light traveling down your body and out your feet into the Earth's core, then returning to your heart chakra.

Now visualize sending the diamond white light up and out your crown as high into space as you imagine and returning to your heart chakra.

Have the light flow outside of your chest and back from your feet and crown and encircle you in a toroidal sphere of self-love and gratitude.

I love you, (fill in your name). Say this several times to yourself as you imagine the sensation of love and diamond white light washing through every cell of your being.

Continue to do this for 10-20 minutes, repeating the mantra in your mind and feeling the love flow out, around, and into yourself. It's your blanket and refuge of self-love.

Step Three- Release anything not serving you

It's a daily task to release negative emotions and programs as well as false perceptions and beliefs. As you ask for releases, you'll notice events in your life that bring these issues to the surface. For example, if you ask to release jealousy, you'll notice events that would normally cause you to feel jealousy. This gives you the opportunity to acknowledge it, transmute it, and release the jealousy. Again, you'll succeed more consistently over time. Releasing takes time, effort, struggle, and patience, as well as kindness towards yourself.

The following is an example of a daily meditation you can use for releasing. Again, don't hesitate to make your own.

Releasing meditation for letting go of thoughts and emotions that do not serve you:

You will perform the release in this meditation and then fill yourself with particles of love and light. Whenever you release something, you make space. Make sure you fill the newly emptied space with love and light.

Close your eyes.

Take a slow deep breath in through your nose while expanding your belly, and slowly breath out through your mouth.

Repeat the breathing throughout the meditation.

(Additionally, if you would like, you can call in any guides or beings of light you like to work with. Otherwise, this isn't necessary.)

Imagine a temple of light surrounding you. Imagine that the sun is shining down on you.

Imagine and feel your seven main chakras as opened, activated, and aligned.

Recite out loud that you are releasing any negativity and anything not serving you including programs, entities, and contracts from this life, past lives, or life between lives. It is also helpful to name specific emotions that you have been working on releasing, such as fear, jealousy, anger, anxiety, depression, etc. Ask that “every day, in every way” you release more and more negativity and anything not serving you. Visualize these things coming out of you as black smoke and watch as they are incinerated in the light of the sun and feel the release and relaxation throughout your body.

Ask that you are filled with particles of light and love. Imagine and feel light and love entering you. You may feel tingling in your back between your shoulder blades which is where your spiritual

heart receives the love energy of the divine universe. You might also ask that your divine purpose be revealed to you and affirm that you want to serve the light.

Step Four- Love Others

Now that you're versed in taking care of yourself by protecting yourself, loving yourself, and releasing that which isn't serving you, you can build on this foundation by including others in your meditation.

You might start the meditation with a sphere of protection, a release of anything negative, and an influx of both self-love and divine love. Then, think of anyone you would like to see immersed in light and love and released from any type of negativity. Imagine them being surrounded in a sphere of protection, that negativity is released, and that they're filled with love and light. Use the

two prior meditations as a guide to formulate a suitable meditation for your practice.

Step Five- Forgiveness of yourself and others

We all have events in our lives that have negatively affected us and that we're holding onto. Use the power of meditation and imagination to forgive others and yourself. This is very important for embodying unconditional love for yourself and others. This is usually the most arduous step. Imagine that the person who harmed you is a sphere of light embodied in a physical vehicle. Visualize how the light being inside the person came to this world without memory of their light or knowledge of the law of unity and unconditional love. Acknowledge that their actions are a result of this lack of remembrance and knowledge as well as the false programming they've learned in this embodied lifetime. In your meditation, review the event and

release any associated emotions not serving you. State that you forgive (person's name) and understand that they didn't know any better and that you forgive yourself (state your name) as well for not knowing this. State that you love (name of person). Then repeat, "I love you, (your name)" - three times. Do that as many times as you need to until you feel free of this incident.

Chapter 13:

Summary of Part 2

Love all of yourself by accepting all of you. Actively give yourself love. Actively release anything not serving you. Actively give love to others. Actively forgive others and yourself and release any past traumatic incidents.

**PART 3: THE SECRET TO THE
LAW OF ATTRACTION AND
MANIFESTING**

Chapter 14:

Your Secret Key Is Your Heart

There have been countless campaigns regarding the law of attraction and manifesting the life of your dreams. As a result, there's a lot of confusion surrounding the topic. The law of attraction essentially states that we attract what we focus on. However, many people have since attempted to focus on material desires and have been unsuccessful. This has resulted in people feeling frustrated, inadequate, and disappointed in themselves.

The ingredient that is missing is the fact that the law of attraction occurs at the vibrational level. The energy we exude is the energy that we attract. For example, if we focus on wanting due to our fears, we may attract lack.

So much of our time and money is spent making ourselves look good on the outside either physically or through material objects. Real transformation in our lives occurs from within. This is what's meant by the saying, "The kingdom of heaven is within." The best thing we can do for ourselves is to go within our hearts; transform our thoughts, feelings, and actions; transcend to a higher vibration; and connect with our true selves. "Seek first the kingdom of heaven and all these things will be given to you." The kingdom of heaven is our hearts. When we connect to the divine and to all that is through our hearts, and when we see that "the all" is love, that's the kingdom of heaven. Through our hearts, we're in alignment with the divine and all-that-is. Through our hearts, we manifest the life of our true self, the life of our dreams.

When you align with your higher self, you'll attract the life of your dreams in love, joy, peace, freedom, and abundance. The true you is a unified, self-accepting, and self-loving you that's united with the love in the All-That-Is. The true you is true unity.

Chapter 15:

The Bottom Line Is Love

We're all connected in one unified field of energy. How we treat others, is how we treat ourselves. What we think, feel, do, and say affects All-That-Is.

Essentially, there are only two choices: to contribute to the love or to contribute to the hate.

By achieving unconditional love of yourself and others through transmutation, you'll connect with your heart which is your true and higher self. When you discover your soul, you'll find love, purpose, meaning, peace, freedom, and abundance.

As a bonus, when we transform our vibration to love, and thereby increase the vibration of All-That-Is, we are helping others at the same time. Love is so powerful in this way. Love is the vibration of creation. The vibration of love can change the world.

Think about when someone is mad at you. If you respond with anger, the situation escalates. If you respond with love, the anger of the situation diminishes.

GLOSSARY OF TERMS

Soul/spirit/essence/core/higher-self/true-self/heart are all synonymous with each other and with Source-Energy-Consciousness.

The Consciousness Revolution is humanity's evolution of the expansion of our consciousness into our soul as the primary guide. It is called an expansion because our soul is the divine Source-Energy-Consciousness of All-That-Is. It is a revolutionary movement in humanity's evolution of embracing and embodying the fundamental Law of Unity.

All-That-Is: everything both seen and unseen. Everything contains quantum particles of energy-consciousness with varying densities. For example, the air, light rays, rocks, our physical body, and our spiritual bodies, all have density.

They all consist of quantum particles that contain energy.

Source-Energy-Consciousness/SEC

All-That-Is derives from the original Source of Energy-Consciousness

Prime Consciousness/Primordial

Consciousness/PC

See Source Energy Consciousness

Energy Consciousness

All energy has an effect. This effect is herein referred to as the consciousness of the energy.

Heretics - Trailblazers who are open to possibilities not offered by mainstream teachings, such as Copernicus and Galileo knowing that the earth orbits the sun.